

NAGARJUNA

KADAMPA MEDITATION CENTRE

Centre for Modern Buddhism in Northamptonshire



Programme September 2022

- July 2023



Creating Peace

We look forward to welcoming you at Thornby Hall

Nagarjuna Kadampa Meditation Centre is a special place of peace where everyone is welcome. Located just off the A14 in a Jacobean manor house with 17 acres of grounds, it is the perfect place to come to discover inner peace.

Open to the public year round, Nagarjuna KMC offers a special taste of peace to visitors, whether you come just for a few hours or stay for a short break. Family-friendly and dog-friendly, everyone is welcome at Nagarjuna KMC.

The World Peace Café, gift shop and grounds are open daily from 11am - 4pm



Families welcome in our Café and grounds



Wheelchair access to the cafe and meditation rooms



Dogs on leads are welcome in the grounds and café patio



En-suite accommodation



Peace is possible: this place is the proof that everyone can find inner peace and share it with others. I left my heart there!

A Visitor



Modern Buddhism

The New Kadampa Tradition - International Kadampa Buddhist Union (NKT - IKBU) is a global spiritual family dedicated to world peace, with more than 1,300 Centres and groups throughout the world.

Kadampa Buddhism is a living tradition practised by people in all walks of life, bringing practical wisdom and inspiring solutions into our busy lives. It is perfectly suited to our modern world, because it emphasizes how to integrate positive attitudes into our daily activities, showing that we can all be spiritual people without needing to change our external conditions.

For more information please visit www.kadampa.org

Founder & Spiritual Guide

The founder and Spiritual Guide of the NKT is Venerable Geshe Kelsang Gyatso, affectionately known as 'Geshe-la.' He is a contemporary Buddhist Master who is the driving force behind some of the most significant developments in worldwide Buddhism.

Out of his great wisdom and compassion he has introduced into the modern world the pure teachings and practices of Kadampa Buddhism, and created a global infrastructure of Temples, centres, books, and meditation programmes. He has created a truly international Buddhist tradition that benefits all living beings equally and without discrimination.

Venerable Geshe-la is the Spiritual Guide of thousands of people throughout the world whose hearts have been touched by his extraordinary teachings and pure, compassionate example.

All the events in this brochure are the manifestation of the compassionate heart of this remarkable holy being.



Free eBooks

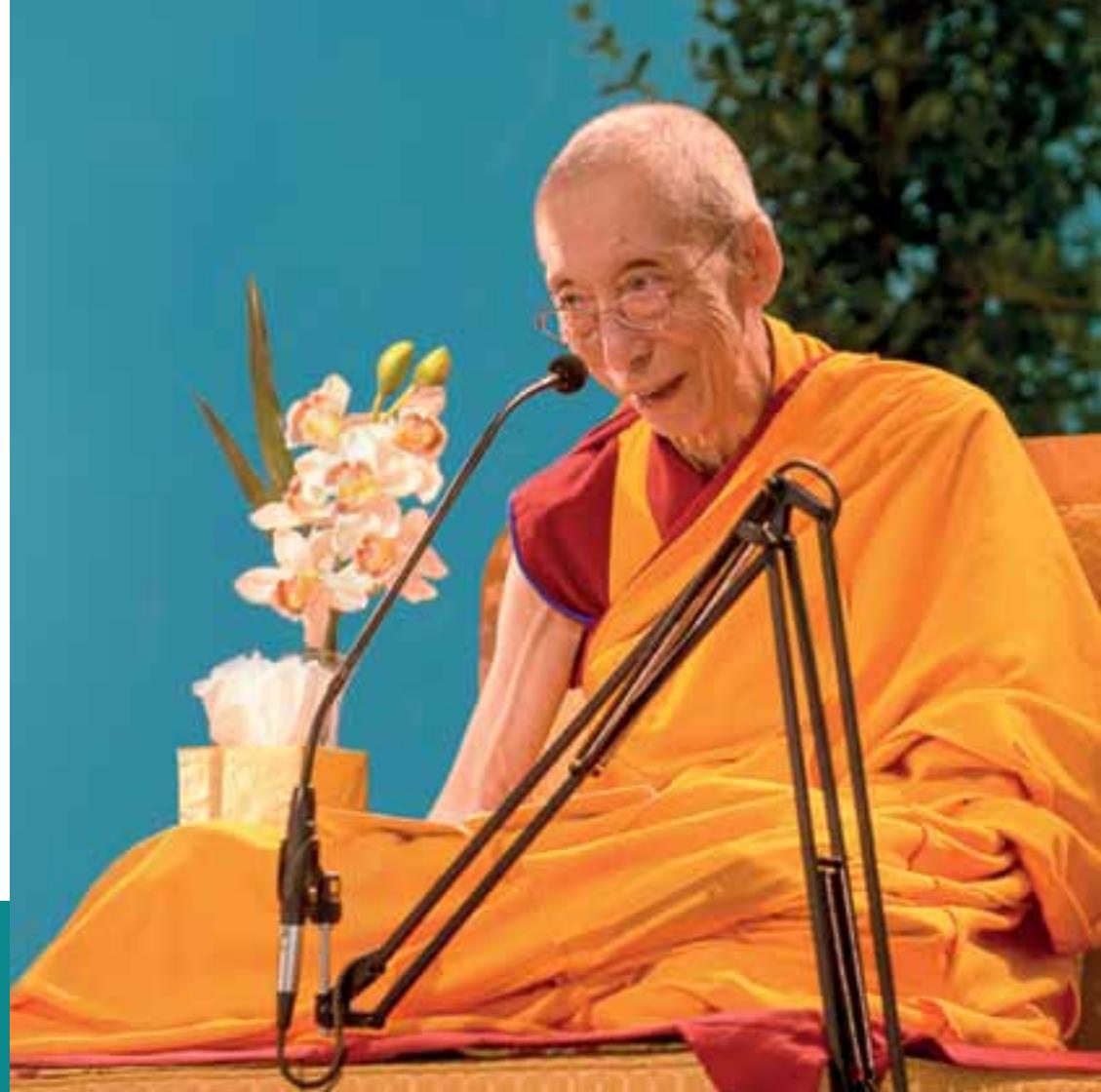
How To Transform Your Life and *Modern Buddhism* are being distributed freely as eBooks at the request of the author, Geshe Kelsang Gyatso.

Download at: tharpa.com/uk

Geshe-la's birthday celebration: Offering our faith

10th - 11th June

Join the global Kadampa family in a day of prayers requesting the long life and blessings of our founder and Spiritual Guide, Venerable Geshe Kelsang Gyatso. With an introduction by Kadam Bridget Heyes.





General Spiritual Director

Gen-la Kelsang Dekyong is the elected General Spiritual Director of the NKT-IKBU and the principal Resident Teacher of Manjushri KMC in Cumbria, the mother centre of our tradition. She has been practising Kadampa Buddhism and studying closely under the guidance of Venerable Geshe Kelsang Gyatso for nearly forty years. She teaches in the UK and throughout the world, including at the International Festivals listed opposite.



International Kadampa Festivals

Fall Festival 2022

14th - 20th October at KMC New York

Gen-la Dekyong, General Spiritual Director of NKT-IKBU, will grant the blessing empowerment of Buddha Green Tara and give special teachings on the sublime twenty-one homages based on a transmission she received directly from Venerable Geshe Kelsang Gyatso Rinpoche.



Spring Festival 2023

May 26 - 31 at Manjushri KMC, UK

At this Festival Gen-la Dekyong will share a special transmission and blessing of the meaning of this prayer that she received directly from Venerable Geshe Kelsang Gyatso Rinpoche. She will also bring together commentary Venerable Geshe-la has given on the meaning of different verses of this prayer over many years.

There will also be an opportunity to engage in a powerful and immensely meaningful International Refuge Vow Ceremony with the worldwide Kadampa family.



Summer Festival 2023

July 28 - August 12 at Manjushri KMC, UK

In Week 1 of this special Festival, Gen-la Kelsang Jampa, Deputy Spiritual Director of NKT-IKBU, will teach the stages of Kadam Lamrim of Sutra. These practices are an essential foundation for receiving Highest Yoga Tantra teachings.

In Week 2, Gen-la Kelsang Dekyong, Spiritual Director of NKT-IKBU, will teach the stages of Kadam Lamrim of Tantra by granting the Highest Yoga Tantra empowerments and commentaries of Heruka Body Mandala and Vajrayogini .



Resident Teacher - Kadam Bridget Heyes

Kadam Bridget Heyes is the principal teacher at Nagarjuna KMC Thornby. She is a senior disciple of Geshe Kelsang Gyatso and has been practising for over 30 years. She has been teaching at Nagarjuna KMC since 1994, and in 2009 she was elected as the National Spiritual Director of the UK and Ireland.

Kadam Bridget is known for her powerful teachings, compassionate heart and deep understanding of Buddha's wisdom advice. Her teachings are exceptionally clear and she presents profound ideas in a way that are easy to practice and integrate into daily life.

Events here

Date	Event
6 - 8 September	Refuge retreat
23 - 26 September	UK Dharma Celebration
12 November	Day course: Finding real meaning...
6 - 9 December	Vajrasattva retreat
3 - 7 January	Vajrayogini retreat
22 January	Half-day: developing resilience
7 - 9 April	Yoga of Inconceivability
10 - 11 June	Geshe-la's birthday celebration
All year	Meditation classes on Wednesdays
All year	Teacher Training Programme

National Events

- South-West Dharma Celebration
16 - 18 December
- Scottish Dharma Celebration
3 - 5 February
- Irish Dharma Celebration
24 - 26 March
- Southern Dharma Celebration
21 - 23 April



An ocean of tranquillity!
Kadam Bridget is a very inspiring teacher.
Warm and welcoming community.

A Visitor



Weekly Meditation Classes

A typical class consists of relaxing guided meditations and a teaching on how to improve our well-being by developing positive states of mind in our daily life.

Suitable for all, our weekly classes are arranged in short courses designed to give you a deep experience of a meditation topic. You can also drop in to an individual class if you prefer. We sit on chairs and no physical exercise is involved.

Evening Classes

Drop in or book on our website
Cost £7 per class [« free to members »](#)



WEDNESDAYS 7.15 - 8.15pm

[« WITH KADAM BRIDGET HEYES »](#)

Public Talk: 14 September

[« 1 WEEK BREAK »](#)

28 September - 12 October

[« 2 WEEK BREAK »](#)

2 November - 7 December

[« CHRISTMAS BREAK »](#)

25 January - 1 March

[« 1 WEEK BREAK »](#)

15 March - 5 April

[« 2 WEEK BREAK »](#)

26 April - 24 May

[« 1 WEEK BREAK »](#)

7 June - 26 July

MONDAYS 7.15 - 8.30pm

5 - 12 September

[« 2 WEEK BREAK »](#)

3 - 10 October

[« 2 WEEK BREAK »](#)

31 October - 5 December

[« CHRISTMAS BREAK »](#)

23 January - 27 February

[« 1 WEEK BREAK »](#)

13 March - 3 April

[« 2 WEEK BREAK »](#)

24 April - 22 May

[« 1 WEEK BREAK »](#)

5 June - 24 July

Lunchtime Classes

MONDAYS - FRIDAYS 1 - 1.30pm

Cost: £3.50 per class, no need to book
[« free to members »](#)

22 August - 14 September

27 September - 13 October

27 October - 16 December

[« CHRISTMAS BREAK »](#)

16 January - 2 March

13 March - 7 April

24 April - 25 May

5 June - 27 July

Classes in Other Towns

Classes run weekly at each of these venues during the same term dates as the Monday evening classes. Drop in and pay on the door, cost £7 per class.

COVENTRY Thursdays 7.30 - 8.45pm

John White Community Centre, Grange Avenue,
Binley, CV3 2ED

DAVENTRY Tuesdays 7.30 - 9pm

Volunteer Centre, Welfare Foundation Building,
New St, Daventry NN11 4BT

LUTTERWORTH Tuesdays 7.30 - 9pm

High Point, Lutterworth Town Estate Charity,
12 Market St LE17 6EH

NORTHAMPTON Mondays 7.30 - 8.30pm

The Court Room in The Guildhall,
St Giles' Square NN1 1DE

Venues sometimes have to change, please check the website for up-to-date information.



Public Talk

Overcoming Anxiety
with Kadam Bridget Heyes



Date: Wednesday 14th September 2022

Time: 7.15 - 8.15pm

Cost: £7

Anxiety is a growing problem in our busy modern world, and can really undermine our quality of life. Discover how ancient Buddhist wisdom provides a solution that we can all benefit from, by applying simple meditation and positive thinking techniques to our daily lives.

The talk will consist of relaxing guided meditations and a teaching on how to improve our well-being by developing positive states of mind and inner peace in our daily life.



Silent Retreat Days

Enjoy the deep stillness and seclusion of Thornby Hall on these days set aside for contemplation and spiritual focus.

An experienced meditator will guide three sessions of meditation to lead us deep into the peace of our own mind. The silence around us helps us to let go of our own mental noise and enjoy some real relaxation.

Dates: 13 Sept. 2022 22 November 2022
13 Dec. 2022 7 February 2023
21 March 2023 25 April 2023
16 May 2023 6 June 2023

Time: 10.30am - 3.30pm
Cost: £28 including a delicious vegetarian lunch

Longer Silent Retreats

Enjoy a rare opportunity to engage in a few days of silent retreat, learning to access and experience the deep peace and tranquility to be found within your own mind.

Being in silence allows us to go deeper into our experience of meditation without the distractions of everyday life, to really see what is going on in our mind and to take the teachings deep into our heart.

The retreats will be fully guided by an experienced meditation teacher. They are suitable for everyone, whether beginners or experienced meditators.

Dates: Tuesday 11 - Friday 14 October
Friday 10 - Sunday 12 March
Tuesday 11 - Friday 14 July

Relaxation Retreats

Get away from the stresses and strains of a busy life and enjoy the restful peace of Nagarjuna KMC. Relaxation weekends are designed to cultivate inner peace through meditation and practical Buddhist teachings, leaving you feeling refreshed, energised and ready to take on the world. Everybody welcome!

Costs: Single Room £200
Twin Room £330
Non-residential £70 *<free to gold members>*

Residential prices include all meals. Non-residential price includes lunch. The course starts at 7.30pm on Friday and ends at 3.30pm on Sunday. See the website for a full timetable.

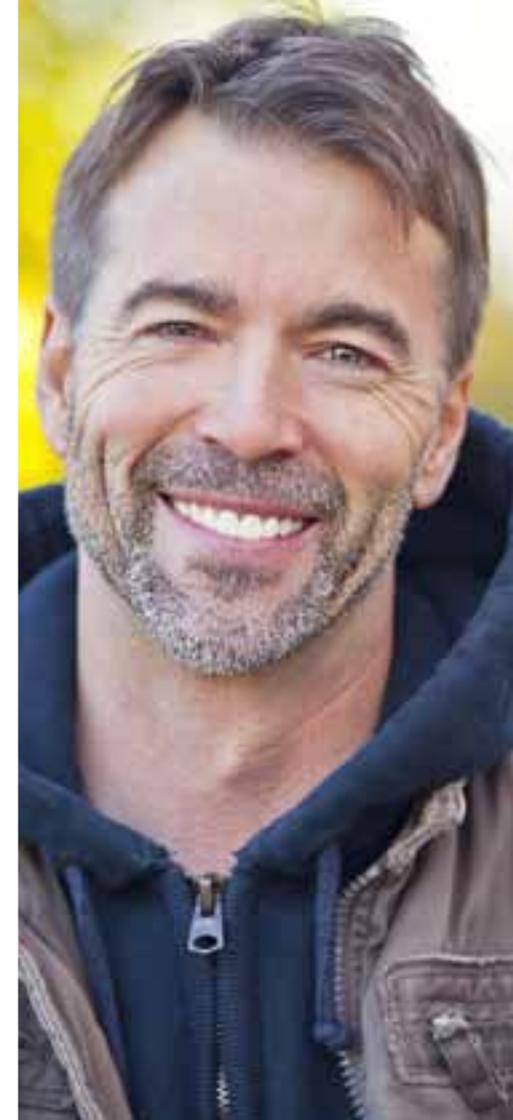
Dates

9 - 11 September 2022 7 - 9 October 2022
28 - 30 October 2022 17 - 19 February 2023
28 - 30 April 2023 12 - 14 May 2023
16 - 18 June 2023 21 - 23 July 2023



Just the place to find peace of mind and clarity. A moment away from this mad world we live in.

A Visitor





Day and Half-day Courses

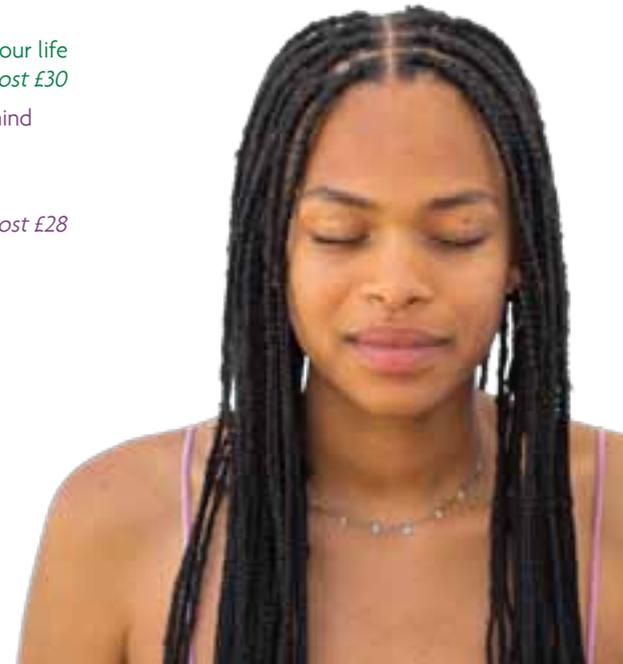
These courses give you a chance to gain some deeper experience of meditation. Covering all the basics of meditation, these are perfect as an introduction or refresher course. Suitable for everyone, they contain practical teachings, guided meditation and time to relax with spiritual friends.

Day courses: 10.30am - 3.30pm | Cost: £28 including lunch < *free to gold members* >

Half-day courses: 10.30am - 1.15pm | Cost: £25 including lunch < *free to gold members* >

Accommodation is always available if you wish to stay with us for these courses, just contact us for details.

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- 10 September Overcoming negative self-talk
 - 9 October Dealing with painful feelings
 - 30 October A calm and peaceful mind
 - 12 November  Finding the real meaning in your life
with *Kadam Bridget Heyes*, cost £30
 - 26 November Meditations to lighten the mind
 - 30 - 31 December New Year course
 - 22 January  Developing resilience
with *Kadam Bridget Heyes*, cost £28
 - 11 February Cultivate a positive mind
 - 19 February Expectation versus reality
 - 12 March Buddhism for beginners
 - 25 March Who am I?
 - 30 April Learn to build good habits
 - 7 May The art of positive thinking
 - 25 June Calm yourself down
 - 15 July The key to self-esteem
 - 23 July Being more optimistic



Discover inspiration with Kadam Bridget

FINDING THE REAL MEANING IN YOUR LIFE

Saturday 12 November, 10.30am - 3.30pm

Explore Buddha's teaching on The Four Noble Truths, a way of attaining complete freedom.

VAJRAYOGINI RETREAT 3 - 7 January 2023

A guided retreat using the sadhana Blissful Path to help us deepen our experience. For Highest Yoga Tantra practitioners only.

BECOMING RESILIENT Sunday 22 January

A half-day meditation course on developing the inner strength to bounce back from whatever life throws at us.



Weekend Course with Kadam Bridget

The Yoga of Inconceivability

Friday 7th - Sunday 9th April

A weekend course exploring in depth this profound practice of Vajrayogini. Find inspiration and encouragement through Kadam Bridget's clear teachings, and gain confidence and experience by engaging in guided meditations.

This extraordinary Easter weekend is a real holiday with a difference, taking our minds on a journey to a pure world. For HYT practitioners only.

UK Dharma Celebration 2022

Healing Body & Mind: the Empowerment of Medicine Buddha

23 - 26 September

During this special event, Kadam Bridget will grant the empowerment of Medicine Buddha and give teachings on how to heal ourselves and others.

Receive inspiring blessings and learn how to benefit yourself and others at this life-changing spiritual event.





Art courses with Kadam Chris Heyes

DRAWING WORKSHOP: A BASIC FOUNDATION

Sunday 11 December 2022

On this day course, you can learn to draw Buddha's face based on traditional methods and structures, as well as discovering the symbolism of the image.

PAINTING BUDDHA'S FACE

Monday 12 - Friday 16 December 2022

On this course, you can learn to craft a beautiful painting of Buddha's face. These ancient techniques help to increase peace of mind and concentration.

PAINTING BUDDHA'S FORM

Sunday 21 - Thursday 25 May 2023

On this course, you can learn to create and compose a thangka, with in-depth guidance and demonstrations provided.



Green Tara retreat

Post-Fall Festival retreat with Gen Kelsang Chitta

Sunday 23 - Wednesday 26 October 2022

On this short retreat, we can make a connection with Green Tara, the Buddha of swift-acting wisdom, through receiving teachings and engaging in prayers and guided meditations. Gen Kelsang Chitta is the Resident Teacher at KMC Belfast and will be visiting to lead this special retreat.

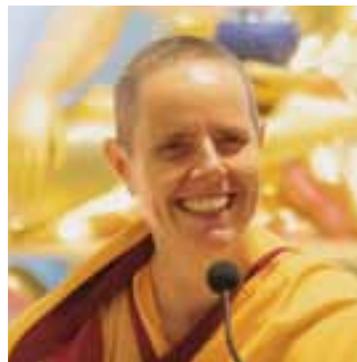


Drawing closer to Buddha

Post-Spring festival retreat with Gen Kelsang Chodor

Friday 2 - Sunday 4 June 2023

A relaxing weekend focusing on drawing closer to Buddha and coming under the umbrella of his Dharma teachings. Gen Chodor, the Resident Teacher at KMC London, will use his gentle humour and heartfelt warmth to open up this beautiful practise.



The Lamrim of Tantra

Post-Summer Festival retreat with Gen Lhachog

Monday 14th - Thursday 17th August 2023

Gen Kelsang Lhachog from KMC Manchester will guide this week of retreat to enable us to reinforce our experience of the Festival teachings.

Open to those with Highest Yoga Tantra empowerments only.

Study Programmes



Teacher Training Programme (TTP) with Kadam Bridget Heyes

Suitable for those who wish to train as authentic Buddhist teachers. TTP provides an extensive study of Geshe Kelsang's books. Also available by correspondence. Apply to the EPC if you want to try it out.

Mondays and Wednesdays 9 - 11am - studying *Essence of Vajrayana*

Foundation Programme (FP)

The Foundation Programme provides a special opportunity to deepen our understanding and experience of Buddhism and meditation through in-depth study and practice. It is designed for those who wish to study Buddhism and meditation in more depth than is available at our drop-in classes. Price is included as part of Gold Membership.



SUNDAY FP

Sundays 4 - 6pm
Studying *Joyful Path of Good Fortune*



THURSDAY FP

Thursdays 7 - 9pm
Studying *Meaningful to Behold*

In-depth Group Retreats

When we engage in retreat we take time out from our ordinary life to deepen our understanding of a spiritual practice. Everyone is welcome, although some previous experience of Buddhist practice is recommended. Accommodation is available if required.

6 - 8 September	Refuge with Kadam Bridget	3 - 5 February	Amitayus
6 - 9 December	Vajrasattva with Kadam Bridget	14 - 16 April	Nyungne
3 - 7 January	Vajrayogini with Kadam Bridget *	17 - 19 July	Guru Yoga and Mandala Offering
9 - 14 January	Heruka with Kadam Chris *		
16 - 21 January	Lamrim with Gen Nyingpo	* Highest Yoga Tantra retreat	

Membership

Becoming a Gold Member of Nagarjuna KMC is the most economical way to enjoy our classes, retreats and day courses, whilst also supporting the growth of this extraordinary resource. For £40 per month by standing order, you gain free entry to all of our classes, events, retreats and empowerments in Thornby and Leicester. Sign up on our website.



Pay as you go

Lunchtime classes	£3.50
Evening classes	£7
Day courses	£28
Half-day courses	£25
Weekend courses	£60
Relaxation retreats (non-residential)	£70
Empowerments	£60
Art courses	from £60



Gold members £40 per month

Lunchtime classes	free
Evening classes	free
Day courses	free
Half-day courses	free
Weekend courses	free
Relaxation retreats	free
Empowerments	free
Art courses	free
Study programmes	free

at Thornby & Leicester
Does not include
accommodation or meals
Min subscription six months



Silver members £25 per month

Lunchtime classes	free
Evening classes	free

at Thornby & Leicester
Min subscription six months

Meditation and a Meal

Sunday out 2 October - 15 January

A guided meditation followed by a delicious vegetarian Sunday roast. From 1pm, cost £22

Winter banquet 11 November

A four-course feast to start the festive season. From 6pm, cost £27

Stop the week

Start the weekend with a relaxing meditation followed by a delicious three course vegetarian meal to delight your taste buds.

Fridays from 7pm, cost £22

27 January 5 May 9 June

Upgrade to an overnight stay

Add an overnight stay in an en-suite room in The Stables with a meditation on Saturday morning. Breakfast is provided in your room. Extra cost for accommodation: Single £65 / Twin £110



Meditation and afternoon tea

An elegant afternoon out with a meditation before a selection of sandwiches, scones and cakes.

From 2pm, cost £17

27 October 11 December 29 January 2 March 18 March
6 April 18 May 16 July

Snowdrop walk and afternoon tea

12 February from 2pm. Cost £17

Enjoy a short meditation then a guided walk through the grounds of Thornby Hall to admire the expanse of snowdrops, followed by afternoon tea.



Christmas Fayre

Sunday 20 November, 11am - 4pm

A shopping experience with none of the usual stresses of Christmas! Browse interesting stalls in a beautiful and relaxed environment. There will also be seasonal treats and live music.

Admission £2 (under 16s free)
Everybody welcome!



Summer Fête

Sunday 9 July, 11am - 4pm

A fun family day with a variety of stalls, ranging from hand crafted giftware to holistic therapies, live bands, fresh vegetarian food, free meditation taster sessions, face painting and more.

Admission £2 (under 16s free)
Everybody welcome!



World Peace Café

Open every day 11am - 4pm

Come in for coffee & cake or a delicious vegetarian lunch, including vegan and gluten free options.

The café is staffed by volunteers, many of them from around the world, creating a vibrant and friendly atmosphere.



Auction of Promises

Friday 9 December, 7pm

A fun evening of bidding on skills and services offered by members of the community. Find some great deals and interesting gift ideas!



En-suite accommodation in The Stables

Mid-week retreat breaks

These retreat breaks run from Monday to Friday. Enjoy a light schedule that includes lunchtime and evening meditation sessions to return home rested and refreshed.

We have a range of guest rooms, all with tea making facilities. Accommodation includes breakfast, lunch and evening meal, all vegetarian or vegan.

For these midweek retreat breaks, you can arrive at 3pm on Monday and check out again by 11am on Friday.

Single en-suite: £250

Double/Twin en-suite: £360

Staying for courses and personal retreats

You can book a stay in our self-contained en-suite accommodation for a night before and/or after any of our courses, and make your visit a personal retreat.

Single en-suite: £65 per night

Double/Twin en-suite: £110 per night

Spending Time at the Centre

Working visits

Sample life in a beautiful, peaceful environment. In exchange for 30 hours per week of voluntary work within the centre you can enjoy all courses, accommodation, food and events free of charge for the duration of your stay.

Become a resident

Further your experience of Buddhism by living in the peaceful and harmonious environment of Nagarjuna KMC.

Volunteering

Many people volunteer at Nagarjuna KMC. There are many ways you can help, like working in the World Peace Café, on reception, gardening, decorating, or maintenance. Everyone is welcome to join the fun!





Public Service & Outreach

School Visits

We welcome visits from schools, scouts, guides etc. We can provide:

- an experienced teacher to explain Buddhism and guide a meditation
- a tailored session for your group or school requirements
- a wide range of interactive and fun activities



Visits for groups & businesses

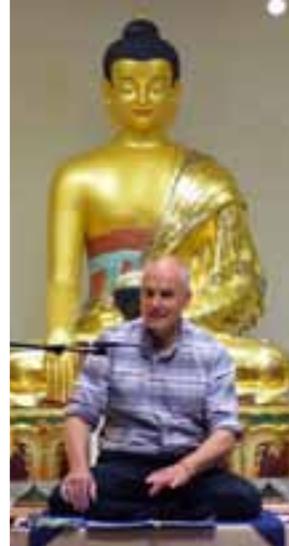
We can offer a tailored half day or day trip out for your group, club, society or business featuring any or all of these options:

- a relaxing team building venue for staff or volunteers
- a relaxing meditation session
- a tour of the grounds and gardens
- a talk about the history of the building
- a light lunch

To book a visit please contact Community Relations:

Tel: (01604) 743 976

E-mail: visits@meditateinnorthants.com



Leicester Kadampa Meditation Centre - our city space

Nagarjuna Kadampa Meditation Centre Leicester is a meditation space in the hub of the city. The centre boasts a beautiful meditation hall and a vibrant World Peace Café, which is open Tuesdays - Saturdays 10am - 4pm.

Kadam Chris Heyes is the Resident Teacher. A sincere practitioner of Kadampa Buddhism for over 30 years, he is known for his practical teachings and guidance along the path of meditation. Kadam Chris is also an internationally renowned Buddhist artist and teaches art courses around the world.

Special Events

Dealing with conflict with Kadam Chris Heyes
Saturday 3rd September 10.30am - 1.15pm | £20

Introduction to Buddhism with Kadam Chris Heyes
Saturday 1st October 10.30am - 1.15pm | £20

Developing mindfulness and concentration with Gen Chitta
Saturday 29th October 10.30am - 1.15pm | £20

Vajrapani empowerment with Kadam Chris Heyes
Sunday 6th November 10.30am - 3.30pm | £20

Manjushri empowerment with Kadam Chris Heyes
Sunday 26th March 10.30am - 3.30pm | £20

Day course with Kadam Bridget Heyes
Saturday 20th May 10.30am - 3.30pm | £30

Contact

Leicester Nagarjuna KMC
17 Guildhall Lane, Leicester, LE1 5FQ
T: 0116 262 0317
E: info@meditateinleicester.org
www.meditateinleicester.org



Weekly Schedule

Mondays

Teacher Training Programme class	9 - 11am
Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	5 - 6pm
Meditation class	7.15 - 8.30pm

Tuesdays

Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	5 - 6pm

Wednesdays

Teacher Training Programme class	9 - 11am
Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	5 - 6pm
Meditation class with Kadam Bridget	7.15 - 8.15pm

Thursdays

Silent retreat days (monthly)	10.30-3.30
Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel w tsog)	5 - 6pm
Foundation Programme	7 - 9pm

Fridays

Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	5 - 6pm
Meditation and a meal event (monthly)	7 - 10pm

Saturdays

Regular special events	
Chanted prayers (Wishfulfilling Jewel)	7 - 8pm

Sundays

Regular special events	
Foundation Programme	4 - 6pm
Chanted prayers (Wishfulfilling Jewel)	7 - 8pm

Year at a glance

MONTH	DATE	EVENT
Sept	4	Open day
	6 - 8	Refuge retreat
	9 - 11	Relaxation retreat
	10	Overcoming negative self-talk
	13	Silent retreat day
	23 - 26	UKDC
October	2	Sunday out
	7 - 9	Relaxation retreat
	9	Dealing with painful feelings
	11 - 14	Silent retreat
	23 - 26	Green Tara retreat
	27	Meditation and afternoon tea
	28 - 30	Relaxation retreat
	30	A calm and peaceful mind half day
Nov	11	Winter banquet
	12	Day course with Kadam Bridget
	20	Christmas fayre
	22	Silent retreat day
	26	Meditations to lighten the mind
December	6 - 9	Vajrasattva retreat
	9	Auction of promises
	11	Meditation and afternoon tea
	11 - 16	Art course
	13	Silent retreat day
	30 - 31	New Year course
Jan	3 - 7	Vajrayogini retreat
	9 - 14	Heruka retreat
	15	Sunday out
	16 - 21	Lamrim retreat
	22	Developing resilience half day
	27	Stop the week
	29	Meditation and afternoon tea

Feb	3 - 5	Amitayus retreat
	7	Silent retreat day
	11	Cultivate a positive mind half day
	12	Snowdrop walk and afternoon tea
	17 - 19	Relaxation retreat
	19	Expectations versus reality
March	2	Meditation and afternoon tea
	10 - 12	Silent retreat
	12	Buddhism for beginners half day
	18	Meditation and afternoon tea
	21	Silent retreat day
	24 - 26	Weekend course
	25	Who am I? day course
April	6	Meditation and afternoon tea
	7 - 9	Yoga of Inconceivability
	14 - 16	Nungnay retreat
	25	Silent retreat day
	28 - 30	Relaxation retreat
	30	Build good habits half day
May	5	Stop the week
	7	Positive thinking half day
	12 - 14	Relaxation retreat
	16	Silent retreat day
	18	Meditation and afternoon tea
	21 - 25	Art course
June	2 - 4	Post-Festival retreat
	6	Silent retreat day
	9	Stop the week
	10 - 11	Geshe-la's birthday celebration
	16 - 18	Relaxation retreat
	25	Calm yourself down day course
July	9	Summer fete
	11 - 14	Silent retreat
	15	The key to self-esteem half day
	16	Meditation and afternoon tea
	17 - 19	Guru Yoga & mandala retreat
	21 - 23	Relaxation retreat
	23	Being more optimistic half day



Nagarjuna Kadampa Meditation Centre

Centre for Modern Buddhism in Northamptonshire

Thornby Hall, Naseby Road, Thornby NN6 8SW

Tel: 01604 743 976

e-mail: info@meditateinnorthants.com

www.meditateinnorthants.com

Charity number: 1039957



facebook.com/meditateinnorthants



twitter.com/NagarjunaCentre



instagram.com/meditateinnorthants

